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LOW-FAT SKINLESS CHICKEN THIGHS {page 28}

REKINDLED?
TIMBERLAKE, BIEL SPOTTED ENJOYING BIKE RIDE TOGETHER {page 20}

OTTAWA metro®
Thursday, September 1, 2011
www.metronews.ca
News worth sharing.

A family grieves

- Leblanc was as beautiful on the inside as she was on the outside: Friend
- Mourners stand in the aisles of the packed St-Joseph Cathedral in Gatineau

Hundreds of people filled a church in Gatineau to mourn the death of Valerie Leblanc, an 18-year-old CEGEP student who was found beaten to death and burned in a forested area behind her school last Tuesday.

The violence and callousness of her death couldn't be more different from the caring, warm and vibrant young woman her family and friends remembered yesterday as they laid her to rest.

"She was a lady for peace and love. It's quite rare that we can see a lady of 18 with five priests and her funeral and a church full of people of all generations," said family friend Marcel Prevost.

Following the service, Leblanc's family released butterflies as they gathered tearfully in a circle outside the church and hugged. Dan Bergeron, a friend from school, said in French after the service that Leblanc was a thoughtful, good-humoured person who was ambitious."She wanted to do well at school and had all kinds of great plans for the future," said Bergeron. "I hope the city police are able to find the (killer) and at least try to bring justice." SEAN MCKIBBON

MIKE CARROCCETTO/FOR METRO

▶ Sabrina Hudon, 22, a step-sister of Valerie Leblanc, has her tears wiped away by four-year-old son Andrew outside St-Joseph Cathedral before her funeral in Gatineau yesterday.

Local

Voting on LGBT label

- Residents will decide if downtown Bank Street designated The Village
- Signs could go up as early as November {page 4}

Bono buzz

U2 front man coming to Ottawa, charity says {page 3}

Another orange wave?

New poll has NDP tied with Tories following Layton's death {page 8}

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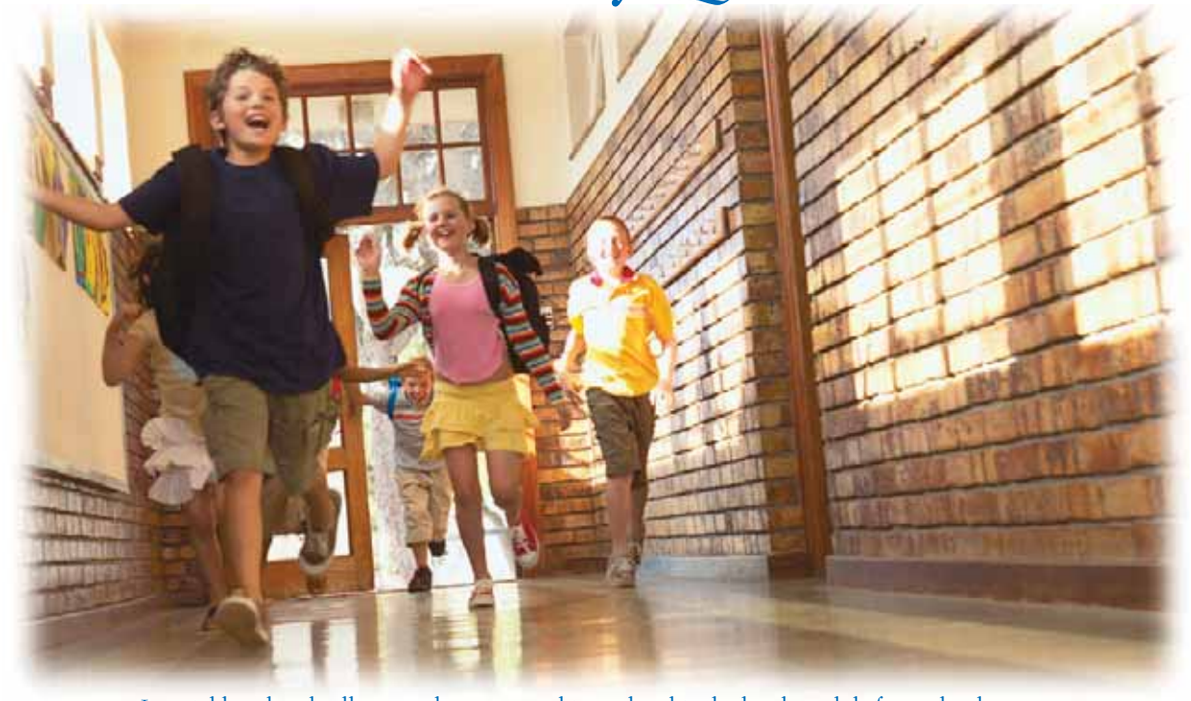

In neighbourhoods all across the country, this weekend is the last hurrah before school opens.

The kid's rooms are filled with new clothes, supplies, a new backpack and children either happy or grumpy depending on how they feel about school.

This is the unofficial end of summer. The last free days of sun and fun.

Maybe this weekend will include a long weekend at the cottage or just time at home.

Next week the days at home will become quieter, as will the streets, parks and playgrounds in the neighbourhood.

In our homes, the kitchen islands will once again be used as a homework island. There will be a study room set up with a computer but 'NO TELEVISION'.

The first day of school is an easy day of renewing friendships, catching up on gossip and in a Mattamy neighbourhood, chances are the kids are walking to school because it's just down the street.

So to all the kids we say, have a great beginning to another year of learning and to the parents we say; sit down, have a coffee and enjoy the solitude. You've earned it.

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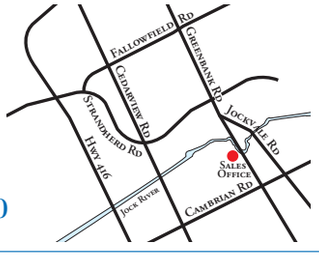

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Bono to visit Ottawa for charity work

U2 front man Bono and actor Colin Farrell are coming to Ottawa on Sept. 10 to attend the World Suicide Prevention Day concert, LivingWorks Education Inc. announced yesterday.

The Calgary-based organization is presenting the concert, which will be held at Centrepointe Theatre. The concert will feature presentations as well as live performances by Irish rock band Friends of Emmet and three-time Juno Award-winner Susan Aglukark.

"We are absolutely thrilled — what a day to hear this," said Lynne Sterritt, LivingWorks vice-president of marketing and communications.

Sterritt said Bono's attendance is confirmed, but she is unsure if he will step in front of the microphone at the event.

"If he wants to impromptu get up with the band, we won't stop him," she said. "We would like him to (speak)."

She said Denise Batters and Alex Baumann will also attend.

Besides the good music, the event will focus on creating a dialogue on suicide in order to remove the stigma around it.

Funds raised from the concert will benefit the Ottawa Suicide Prevention Coalition and other charities. Tickets are $35.

More information about the concert is available at centrepointetheatre.com.

JOE LOFARO

DAN STEINBERG/THE ASSOCIATED PRESS

▶ U2 front man Bono.

Jack Tobin gets three years

Brian Tobin calls Jack a good son who made a 'serious mistake'

A judge has sentenced Jack Tobin to three years in prison and a seven-year driving ban for his role in the death of a close friend last Christmas Eve.

The son of former Newfoundland and Labrador premier Brian Tobin pleaded guilty in May to impaired driving causing death.

Tobin's lawyer had suggested a sentence of 18 to 30 months, while the prosecution asked for five years.

Prosecutor Mark Moors said there was evidence of previous reckless acts behind the wheel and alcohol consumption by Tobin.

Alex Zolpis was pinned under a pickup truck during drunken hijinks on a rooftop parking lot in the ByWard Market.

Judge Lise Maisonneuve said she took into account Tobin's extreme remorse and his decision to plead guilty and forgo a trial in reaching her decision.

But she also considered Tobin's previous behaviour.

Emma Roberts, Zolpis's girlfriend, said she will never be satisfied.

"We're left to pick up the pieces," she said.

After the sentencing, Norm Boxall, Tobin's lawyer, called it a sad day.

"This is a really exceptional young man that wanted to do the right thing for everyone in the circumstances, and pled guilty, and the judge's comments about his promise, I think, are there," Boxall said.

"That having been said, it's a very sad day for all concerned. It's a sad day to see a young man go to jail and it's a sad day to reflect on the loss for Alex's family."

THE CANADIAN PRESS

FRED CHARTRAND/THE CANADIAN PRESS

▶ Jack Tobin arrives at the Ottawa courthouse yesterday.

1 news

'My responsibility': Lone holdout in empty village lives in the shadow of Japan's striken reactor. Scan code for story.

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GAY COMMUNITY

Capital's closeted past

When the residents of 12 blocks in the heart of Centretown are asked if their neighbourhood should be known as Ottawa's official LGBT village, they might consider the area's history — starting with arrest records.

The first signs of a gay community in Ottawa came from arrests and trials, according to Daniel Drolet, historian, writer and leader of Ottawa's LGBT walking tours.

"What I've seen from about 100, 110 years ago involve 'activities' in Centretown, arrests in Centretown," said Drolet.

In 1914, a man was at a train station and charged with gross indecency over something that happened on a train, he said. In 1916, there was a trial over something two men did at Elgin and Nepean streets.

JESSICA SMITH/METRO

"Because this is, at its core, a government town, and because until recently the government actively persecuted, most of the gay people here have tended to be under the radar in their personal lives."
DANIEL DROLET, HISTORIAN

From the 1940s to the late '70s, the basement bar of the Lord Elgin was a hotspot until it was shut down, he said. So was the train station, until it closed around 1960. The Coral Reef bar in a Rideau Street parking lot was also a safe spot until it closed.

"Then, there was a desire, about 20-odd years ago, for the creation of a gay village and the area around the Bank Street area developed," said Drolet.

Still, gays in the civil service were losing their jobs by the thousands and the RCMP were keeping files on citizens who were suspected of being gay, he said.

"All of those things influenced people in Ottawa to be very discrete and live their gay lives unofficially at house parties or out of town. That's the main reason we don't have as vibrant a community as a city of one million should have," Drolet said.

"It started to change about 20 years ago, but it's a very slow change, because a lot of the mentality is still there — and Montreal is so close."

JESSICA SMITH

LGBT designation in the balance

The Village signs may go up as early as November: Holmes

Somerset Coun. Diane Holmes is spending just $60 of taxpayer money in hopes of settling an age-old question: Is downtown Bank Street ready to be designated a LGBT village?

Holmes' staff will be hand-delivering a survey — which cost $60 to copy — to residents who live between Nepean and James streets in the blocks on either side of Bank Street. Responses can be sent back by email, phone or mail.

"These are the people, it's really their neighbourhood. They drink coffee and shop and use the services on Bank Street," she said.

Of the many surveys — which yielded conflicting results — conducted in the area by Holmes, The Village committee and the BIA, none have specifically polled residents, said the councillor.

"A year ago it was a municipal election and Diane Holmes told us all she was very in favour of these signs, so now it's time for her to put up — to put up or shut up."
MARCUS MCCANN, JOURNALIST

The Village committee, which has been working with Holmes on designating downtown Bank Street an LGBT village since 2006, is happy to help move the project forward, said chair Glenn Crawford.

"I understand that she wants to see all the stakeholders in the area have been consulted before moving forward," said Crawford.

But for former Village committee member and journalist Marcus McCann, the survey is "a stall tactic."

"To claim that we don't have enough information to proceed is untrue," said McCann. "We have enough information to proceed. We're lacking political will."

Holmes said she has supported the idea for "many years," but was waiting for the Downtown Bank BIA to change its position and support The Village designation.

She promised to back the area during her election campaign and held a Village sign up during the Pride Parade, said McCann, adding:

"She's been supportive when you talk to her, but it hasn't resulted in any tangible action. So at a certain point you have to say, 'Enough with the talk, let's get some signs up.'"

JESSICA SMITH

JOE LOFARO/METRO

▶ Coun. Dianne Deans holds up a Village sign on an AIDS Committee of Ottawa float in the Capital Pride Parade. At right, Mayor Jim Watson hams it up with a water pistol.

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CONTRIBUTED

▶ Dr. John Bell

Cancer trials promising

- World-first virus made in newly opened Ottawa Regional Cancer Centre
- Study also revealed viral therapy can shrink tumours with high dosage

JOE LOFARO
@METRONEWS.CA

The Ottawa Hospital Research Institute's senior scientist, Dr. John Bell, says he is excited to have his groundbreaking research on cancer therapy published in the journal Nature tomorrow.

"This is the first time in medical history that a viral therapy has been shown to consistently and selectively replicate in cancer tissue after intravenous infusion in humans," said Bell in a press release.

From the beginning to end of 2010, 23 cancer patients were given the JX-594 virus intravenously and biopsies were taken eight to 10 days later. Seven of the eight patients who received the highest dose of the virus showed viral replication in cancer tissue but not normal tissue.

Seven patients were treated at the new Ottawa Regional Cancer Centre by a team lead by Bell, who is also a professor of medicine at the University of Ottawa. Bell said the therapy is unique because the virus can safely be delivered in patients who have widespread cancer throughout the body.

"If you give it in the blood system, the virus can then have access to all the parts of the patient's body and find where the cancers are," said Bell in an interview Thursday.

In the next few weeks, Bell said his team will move forward by working with other international scientists to further test the outcomes of the therapy.

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Fakes. Foiled

▶ They bear the proud logo of the NHL's newest team. Trouble is, they're fake.

RCMP/THE CANADIAN PRESS

These jerseys won't get ice time

Bogus NHL Winnipeg Jets jerseys have been stopped at the Canadian border. Mounties and Canada Border Service Agency officers seized a shipment of counterfeit jerseys bearing the newest NHL team's logo and shoulder flashes. Police estimate the retail value would have been about $12,000. No charges have been laid so far.

Even in death, Jack boosts NDP

◐ New poll ties party with Tories ◐ Liberals trail far behind ◐ Pollster asks: Can NDP consolidate gains?

Jack Layton's untimely death has triggered another orange wave across the country, a new poll suggests.

The Canadian Press Harris-Decima survey pegs support for Layton's NDP at 33 per cent — tied with the ruling Conservatives and well ahead of the Liberals at 21 per cent.

That's almost a three-point gain for the New Democrats since the May 2 election, which vaulted the party into official Opposition status.

The Tories are down almost seven points and the Liberals are up two.

Harris-Decima chairman Allan Gregg said the NDP gain is most likely attributable to "the Jack effect."

"The national outpouring of emotion we witnessed over Jack Layton's untimely death appears to have translated directly into increased support for the party," Gregg said.

Layton died Aug. 22 after a battle with an undisclosed form of cancer.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

▶ NDP interim leader Nycole Turmel greets mourners at Saturday's state funeral.

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Sarkozy denies dirty cash claim

Book says French president accepted illegal cash for 2007 campaign Sarkozy claims critics are lying

JACQUES BRINON/THE ASSOCIATED PRESS

▶ L'Oreal cosmetics heiress Liliane Bettencourt

French President Nicolas Sarkozy's office vigorously denied claims in a new book that he personally took undeclared campaign cash from the heiress to the L'Oreal cosmetics fortune five years ago — claims that come just as the race for next year's presidential elections is heating up.

Sarkozy's allies suggested the accusations are a campaign ploy against the unpopular president. Similar accusations first surfaced last year.

Still, questions about how Sarkozy financed his 2007 campaign could stain his likely bid for re-election in April and May. Critics have long deemed the conservative leader too cosy with the rich, criticism that carries particular sting now that the French economy is stalling and many of his supporters are disillusioned with his leadership.

The leader of France's main opposition party, Socialist Martine Aubry, called for a new investigation into whether Sarkozy received illegal campaign cash from Liliane Bettencourt, Europe's richest woman.

An accountant for Bettencourt said a year ago that she gave C50,000 ($72,000 US) in cash in 2007 to Sarkozy's party treasurer for the presidential campaign — well beyond the C4,600 legal limit on individual donations. The accusations came during a series of investigations into the heiress's finances. THE ASSOCIATED PRESS

▶ John Hutt demonstrates how he cut off his toes at his home in Montrose, Colo.

WILLIAM WOODY/THE ASSOCIATED PRESS

MAN CUTS OFF TOES TO ESCAPE FROM FOREST

A 61-year-old retired logger feared he might die alone in a remote forest after his right foot was pinned under his six-tonne trailer. With few choices, he used a 7.6-centimetre pocket knife to cut off all five toes to get free.

"It hurt so bad," Jon Hutt said. "I would cut for a while and then I had to rest."

Hutt then climbed into his semi tractor-trailer, his foot wrapped in a shirt, and began driving for help. Hutt's ordeal was first reported in the Grand Junction Daily Sentinel.

Hutt said authorities retrieved his severed toes and took them to the hospital, but doctors said the toes couldn't be re-attached because they were too badly mangled. THE ASSOCIATED PRESS

Sask. OK's whistle-blower law

Civil servants in Saskatchewan who are concerned about wrongdoing in their workplace will no longer be able to go to the media or opposition politicians under a new law.

Known as the whistleblower protection law, the Public Interest Disclosure Act takes effect today and outlines how and where workers should report wrongdoing.

Public Service Commission Minister June Draude says it gives employees a place to go internally.

Draude says there aren't many reports of wrongdoing in the provincial government.

She adds there are consequences if an employee doesn't use this channel.

There is already similar legislation in Ontario, Manitoba and Nova Scotia. THE ASSOCIATED PRESS

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Strong words, warning from Iranian leader

Message directed at the West and allies making gains during Arab Spring Citizens warned not to let the U.S. dominate their country

Iran's top leader warned the Arab world yesterday not to allow Western powers and Israel to "confiscate" the region's pro-reform uprisings, in comments that appear to reflect the Islamic republic's unease about their standing in a profoundly altered Middle East.

Iran has tried to walk two paths since the pro-democracy rebellions began in February — lauding the popular revolts as modern-day heirs to Iran's 1979 Islamic revolution, while maintaining relentless pressure on opposition groups at home.

But Iran is at risk of serious political setbacks. Iran's main Mideast ally, Syria's Bashar Assad, is under growing international pressure for his fierce crackdown on anti-government protests.

CONTRIBUTED/GETTY IMAGES

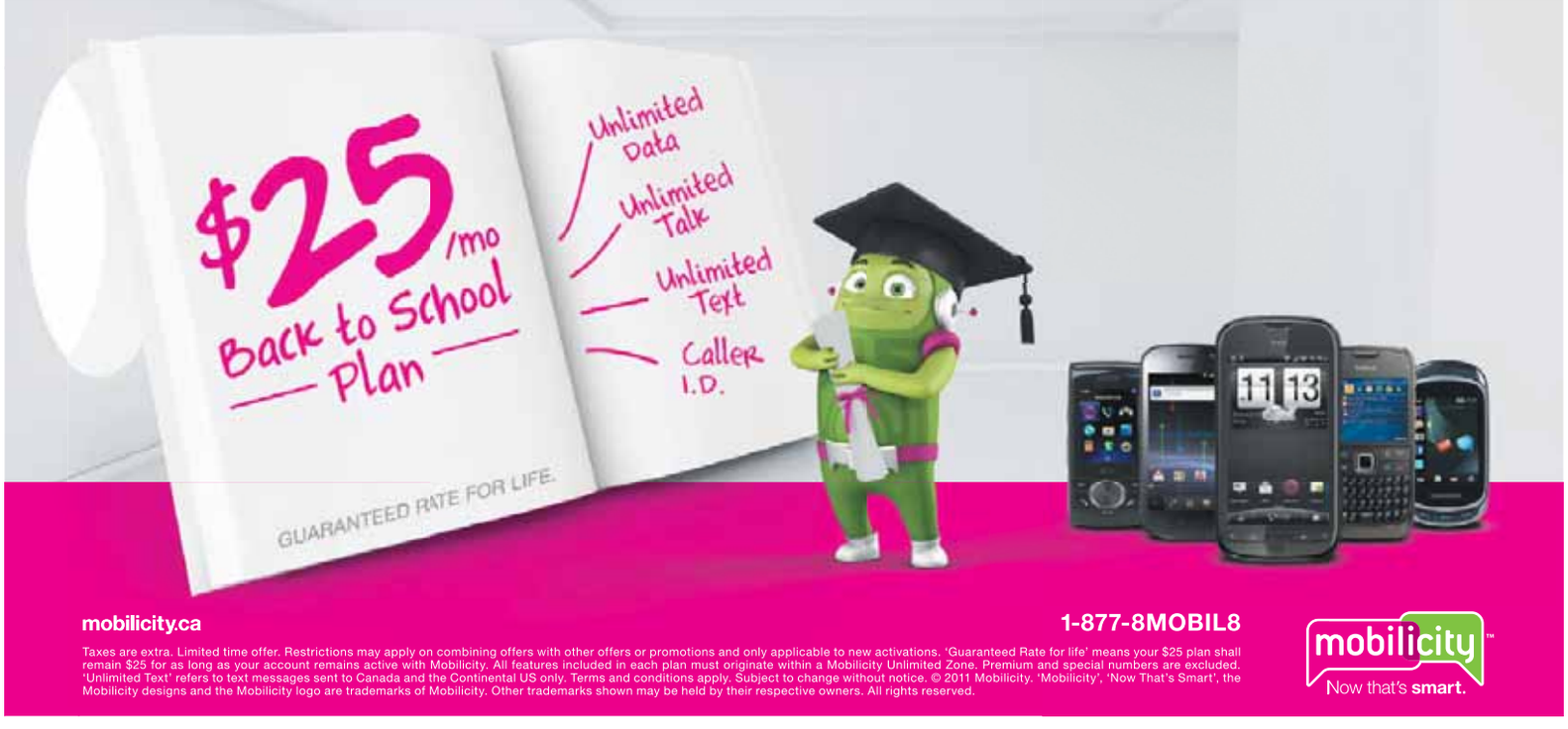
Iran's Supreme Leader Ayatollah Ali Khamenei, in a speech broadcast on Iran's state TV to mark the end of the Muslim holy month of Ramadan, reflected the added worries that the West and its allies could gain ground in the Arab Spring.

"Who thought American and Zionist agents in the region would fall one after the other? This is the powerful hand of the Islamic nations."
AYATOLLAH ALI KHAMENEI

"Muslim nations in Egypt, Libya, Tunisia, Yemen or other countries need vigilance today. They should not allow enemies to confiscate the victories they've achieved," Khamenei said. "They should not forget that those who have come to the scene in Libya (U.S. and NATO) today and consider themselves owners of the uprising are the same people who used to sit and drink with those who once suppressed the Libyan nation."

In Iran's view, collapse of pro-U.S. governments in Egypt and Tunisia were strong blows to U.S. influence in the region and a new "Islamic awakening."

THE ASSOCIATED PRESS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CONTRIBUTED/GETTY IMAGES

▶ Iran's Supreme Leader Ayatollah Ali Khamenei listens to a speech by President Mahmoud Ahmadinejad during a ceremony marking the Muslim Eid al-Fitr feast in Tehran yesterday.

Sarkozy critical of U.S.

French President Nicolas Sarkozy has criticized the U.S. for elbowing Europe and others out of the way in the Middle East peace process.

Sarkozy told a gathering yesterday of France's ambassadors that while Washington is irreplaceable, "Europe doesn't have to ask for a folding chair to participate in negotiations that concern it."

He also questioned the role of the quartet — the U.S., the UN, the European Union and Russia — which have served as the traditional mediators between Israel and the Palestinians. He said that instead, more countries should be included.

Talks between the two sides have been stalled for months.

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Council drops ban on Money for Nothing

Dire Straits song now 'may be acceptable': Broadcast standards body ◆ Radio stations free to play 1985 hit again

A Canadian broadcast watchdog says its decision to deem a 1985 Dire Straits smash unfit for radio just ain't workin'.

The Canadian Broadcast Standards Council has tempered a ruling on Money for Nothing, which includes the word "faggot," saying that while the homophobic slur in the song is inappropriate, it must be taken in context and that individual radio stations can decide what listeners want to hear.

"(The council) is only saying that there may be circumstances in which even words designating unacceptably negative portrayal may be acceptable because of their contextual usage" states the decision, released yesterday.

So, what changed since the council made its original decision?

The song's writer, Mark Knopfler, has long maintained that he was writing from the perspective of a "bonehead" whom he observed in a hardware store watching MTV, reacting with disgust to the fledgling network's flamboyant rock stars.

The council simply hadn't taken such context into account when making its original decision, said the organization's national chair Ron Cohen. But with that information in hand, the majority of the council's panel felt the word was intended satirically and not in a hateful manner.

"(The context) wasn't as evident without the explanations that have been provided," Cohen said in a telephone interview.

MARIO VEDDER/THE CANADIAN PRESS

▶ Mark Knopfler

So, the council is recommending that individual stations consider the sensitivities of their listeners in deciding whether to play the original song or an edited version.

"They're free to make that choice," said Cohen, who noted that the council received feedback from people who supported their original decision, as well as people who didn't.

THE CANADIAN PRESS

Sony. 3-D

▶ A model wears a 60,000 yen ($800) HMZ personal 3-D viewer at Sony headquarters in Tokyo yesterday.

ITSUO INOUYE/ASSOCIATED PRESS

Heads-up on display

Sony Corp. says it will start selling a head-mounted display that provides a 3-D theatre of music videos, movies and games, targeting people who prefer solitary entertainment rather than sitting in front of a TV with family or friends.

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Blockbuster closing doors on remaining stores

Blockbuster Canada's remaining stores are set to close soon and hundreds of retail jobs at the national movie rental chain are about to disappear, victims of the digital movie revolution.

The receiver in charge of selling Blockbuster Canada wants a court order to shut down the movie rental company's 253 remaining retail locations, saying yesterday it had been unable to find a buyer willing to invest in the business.

Each Blockbuster store employs an average of 10 people, meaning about 2,500 people could be out of work. An estimated 1,400 people lost their jobs during the first round of store closures earlier this summer.

About 150 Blockbuster Canada stores were closed in June.

THE CANADIAN PRESS

Market moment

PRICES AS OF 4 P.M. YESTERDAY

TSX	Dollar
+ 133.99 (12,768.70)	- 0.13¢ (102.10¢ US)

Oil	Natural gas 1,000 cu ft
- $0.09 ($88.81 US)	$3.82 US (- 0.7¢)

Gold $1,831.70 US (+ $1.90)

Hollywood facing downward trend at home

CONTRIBUTED

▶ Transformers: Dark of the Moon was a mega-hit this summer.

The good news for Hollywood: Summer movie revenues are up worldwide as studios rebounded from a dismally slow start to the year.

The bad news: Domestically, revenues rose only a fraction compared to the previous year's, while actual movie attendance dropped for the fourth-straight year.

Taken together, the summers of 2010 and 2011 combined for the smallest domestic audiences since the summers of 1997-98.

Since peaking at a modern high of 653-million tickets sold in summer 2002, domestic attendance has wavered generally downward, dipping to 551 million in summer 2010 and sliding again this summer to 543 million, according to projections from box-office tracker Hollywood.com.

One so-so summer can be an aberration, when the movies simply failed to grab fans. Two so-so summers in a row are a sign of the tough task studios face to keep butts in theatre seats at a time when audiences have more entertainment options than ever.

"One down summer you could lay at the doorstep of a lack of quality films, audience indifference, whatever. But more than one or two years becomes a trend," said Hollywood.com analyst Paul Dergarabedian.

"Emerging technology combined with an audience that is trying to figure out how they want to consume their entertainment is creating this situation."

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UNIVERSITY 101: A COURSE OF MISDIRECTION

HE SAYS ...

JOHN MAZEROLLE
METRO

Another university year is beginning, so post-secondary students are about to learn important "life lessons" that will stay with them long after they've forgotten what Pi is (it's a number).

So that I might save you from the high cost of tuition, books, and 55 metric tonnes of Mr. Noodles, here they are:

Condoms are king: Welcome to university, the only organization that gets away with putting a prophylactic in its orientation kit. This would be less well received at, say, Microsoft. Nary a frosh week organizer will pass up the opportunity to offer you a free condom. "Hi, I'm the leader of the Fundamentalist Christian Fellowship," they'll say. "Would you like a Trojan?"

High school has not prepared you: Real university preparation courses would only upset parents, because they would have names like, "101 things to do with your surplus condoms" and "Beggars CAN be choosers: Getting the most from your local soup kitchen."

No one cares about you: In Grade 12, your teacher listened patiently as you explained your poor mark was because the exchange student, Olaf Gooberson, rejected your advances. In university, your professor will sympathize with you only in select circumstances, such as if you are actively dead. Even then, she'll expect a doctor's note.

Textbooks are not your friend: The average university textbook weighs more than the average student, and that weight is both physical and emotional. For many of you, this purchase will be the first time you've ever gone into a store with a big wad of money, paid for something that was still in its plastic wrap, and not felt good about it. Fortunately they're a good value because humans are genetically incapable of throwing away textbooks, which will live on as doorstops and window jams until you die.

Students are (very) amateur philosophers: Like a 10-year-old who learns a new swear word, many university students learn a few simple philosophical concepts and can't stop spouting them. For instance, you will hear "How do I know anything is real?" multiple times. If you hear anybody say that, slap them. If they complain, explain that the pain is not real, but rather a byproduct of humanity's inability to perceive time. Then hit them again. For me.

University is just another step: When I was graduating, choosing community college over university was seen by teachers as a career move only slightly better than holding up a convenience store. Between the hype and the price, university no doubt seems like the be-all and end-all. But it's not.

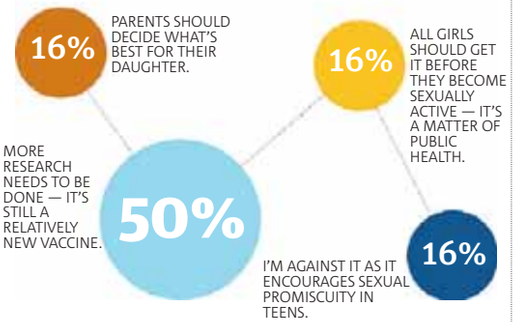
The important thing to remember is, no matter how you do, and no matter what happens over the next four years, you will never, ever run out of condoms, obsolete textbooks or tired philosophical catchphrases.

Some people also collect memories and knowledge, if you're into that sort of thing.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

What are your thoughts on the HPV vaccine?


16%
PARENTS SHOULD DECIDE WHAT'S BEST FOR THEIR DAUGHTER.
16%
ALL GIRLS SHOULD GET IT BEFORE THEY BECOME SEXUALLY ACTIVE — IT'S A MATTER OF PUBLIC HEALTH.
MORE RESEARCH NEEDS TO BE DONE — IT'S STILL A RELATIVELY NEW VACCINE.
50%
I'M AGAINST IT AS IT ENCOURAGES SEXUAL PROMISCUITY IN TEENS.
16%

Local tweets

- **@Allyf8:** So excited that the @Forever21Store opens Saturday in #Ottawa #itsabouttime
- **@Sean_Mart:** isn't this how "I Am Legend" started? @CurtBennett: Cancer-fighting virus looks promising in early human trialshttp://bit.ly/pA12Jb
- **@theodotblog:** Ottawa Voted As Best City To Sit And Check Twitter Whilst In Traffic#ottcity
- **@ItsJammilah_DUH:** I swear some parts of Ottawa look just like jane and finch
- **@Frankie0331:** Hoping the #Ottawa #police start to patrol Linda Thom park in #oldottawasouth more. Drug and vandal problem getting worse.
- **@fireandwater99:** It should be against the law to charge so much for textbooks. #highwayrobbery
- **@GregMcCambley:** @fireandwater99 I don't think I ever had that, but I did have a lot of professors whose books were just a bunch of photocopies..

Worth mentioning

MARTIN LUTHER KING JR.

Poet Maya Angelou says the way a quote from Martin Luther King Jr. was paraphrased on his new memorial in Washington makes the civil-rights leader sound like an "arrogant twit."

Angelou, who consulted on the memorial, told the Washington Post that the shortened version sounds egotistical and should be changed.

The phrase is from a speech shortly before King's assassination in 1968 in which he talked about how people should remember him.

In the original, King starts by saying, "If you want to say that I was a drum major, say that I was a drum major for justice," King told the congregation. "Say that I was a drum major for peace. I was a drum major for righteousness. And all of the other shallow things will not matter."

All that is condensed on King's memorial as "I was a drum major for justice, peace and righteousness."

"The 'if' clause that is left out is salient. Leaving it out changes the meaning completely," Angelou told the Washington Post.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

University prof quits over lack of parking

Frustrated with the "ridiculous" lack of parking on campus, a Dalhousie University professor has quit his job.

Dan Middlemiss, an expert in Canadian defence policy and professor in the political science department, said he decided to leave his job of 30 years because he had to arrive on campus hours before his first class to snag a spot in oversold lots.

"It's just silly. It's been 30 years of frustration," said Middlemiss, adding he made his final decision Monday after waiting hours in line to buy a parking pass only to be told he would have to come back the next day.

He said he always had to drive from home in Lower Sackville, N.S., at around 7 a.m. to secure a parking spot for his 2:30 p.m. class.

There are just 2,000 parking spaces on the Halifax campus for 17,000 students and 3,000 employees, a predicament Middlemiss called "ridiculous."

Last year, the university oversold the number of parking passes by 65 per cent. But this year it aims to oversell by only 30 per cent. At the same time, the university has turned 184 general parking spots into reserved spots. TORSTAR NEWS SERVICE

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2 scene

News in brief

New Kids on the Block member Jordan Knight will be one of the judges on the new CBC-TV reality show Cover Me Canada. The competition features musical acts performing classic Canadian songs.

THE CANADIAN PRESS

Fright Night stars bummed over poor U.S. showing, hope for European success

More is not always merrier

One-man band hoping to make a name for himself in the nation's capital

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA

Saskatoon native Matt Dorgan moved to Ottawa for work but is staying for the music.

"I am amazed at how supportive and co-operative the Ottawa scene is," Dorgan explains. "I've had the opportunity to play in many different cities over the years, and I can honestly say that this city has, by far, the best vibe and sense of camaraderie."

That local support system comes in handy for Dorgan, who is reinventing himself as a solo artist after parting ways with his three-piece rock outfit. Dorgan says he found it difficult to maintain a band with a busy touring schedule.

"I was always searching for bandmates and session musicians to record with. It wasn't until I came to Ottawa that I decided to focus on being a one-man band, which pretty much allows me to play anywhere, anytime without the need of finding session musicians or a backup band for live shows."

When he started his new project, Dorgan decided to take a step away from rock and challenge himself by creating songs without using a guitar. That's where his classical training comes in.

"For some reason," he says, "I was always against bringing my sax to band rehearsals. I couldn't ever see it fitting with the music I was creating at the time. I am approaching songwriting differently than I was before and am finding that the sax has been the missing link."

Now that he's found the missing link, he's having a great time putting it all together.

All in the details

The Matt Dorgan Project w/ Three Second Rescue and Emma's Ringer.

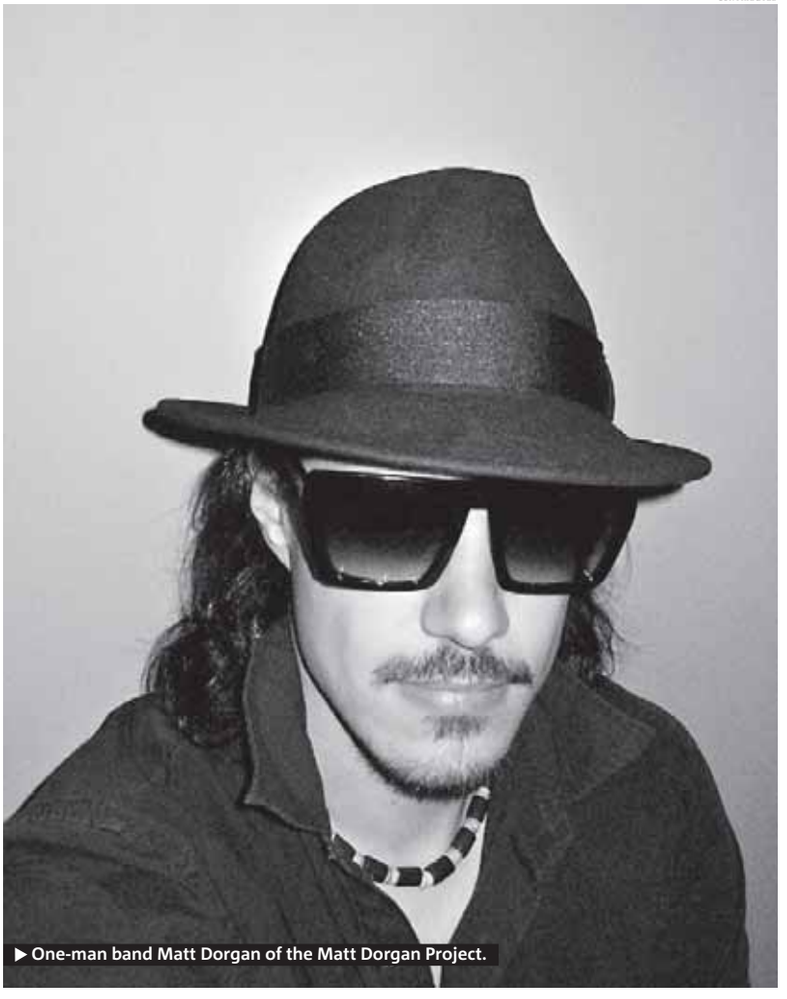
- **When:** Tomorrow night at 9 p.m.
- **Where:** LiVE Lounge (128.5 York St.).
- **Price:** $8 at the door.

Gatineau Hot Air Balloon Festival

- **When:** Tomorrow through Monday.
- **Where:** Parc de la Baie (93 rue St.Louis, Gatineau).
- **Price:** Starting at $19.

Check out the 24th annual Gatineau Hot Air Balloon Festival this weekend. There will be lots of entertainment on site and you can even try out a balloon ride. More details at montgolfieresgatineau.com.

CONTRIBUTED



▶ One-man band Matt Dorgan of the Matt Dorgan Project.

"Building songs in front of the crowd is always a bunch of fun because their vibe really affects which direction I take the song at that moment," says Dorgan.

"Making heavy use of a loop pedal and six different instruments, I find it can yield some very surprising results."

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Damon goes viral

Matt Damon, director Steven Soderbergh team up for Contagion Both now take extra care washing their hands

NED EHRBAR
SCENE@METRONEWS.CA

METRO WORLD NEWS IN HOLLYWOOD

HANDOUT

▶ Matt Damon says his wife's nickname for him is Red Alert because he worries about potential catastrophes.

While working for Steven Soderbergh is an easy choice for Matt Damon — the two have teamed up on the three Oceans movies, Che and the Informant! — the eclectic director's pitch for their latest collaboration, Contagion, gave Damon pause. "He sent it over to me with a note saying, 'Read this and then wash your hands,'" Damon remembers.

The warning was well-founded, though, as Contagion covers some nerve-rattling subject matter: A new virus quickly spreads throughout the world, quickly becoming an epidemic, while scientists and doctors race to find a cure while governments work to keep society from falling apart. What surprised Soderbergh the most about the film was how easy it was to get made. "Everyone felt there was a place for an ultra-realistic film about this subject. Nobody hesitated," he says. "It all happened very quickly — uncharacteristically quickly, actually, considering what the business is right now for adult dramas."

Damon is only one part of the massive, big-name cast Soderbergh assembled for Contagion. Playing Damon's wife — and Patient Zero — is Gwyneth Paltrow, while the Talented Mr. Ripley co-star, Jude Law, pops up as an opportunistic blogger. On the disease-fighting side, Marion Cotillard plays a World Health Organization investigator, while Kate Winslet and Laurence Fishburne's CDC officials work stateside. For Fishburne, the appeal of the project was simple. "I was kind of blown away by how smart it was, because a lot of what is being made now is kind of stupid," he says.

"Everyone felt there was a place for an ultra-realistic film about this subject."
DIRECTOR STEVEN SODERBERGH

But that doesn't mean working on the movie has had any impact on Damon's disaster preparedness. But then he's always been bad about stuff like that.

"After the Northridge quake, I put the flashlight by my bed for like two weeks, and then forgot about it," he admits, though now that he's a parent his behaviour has certainly changed. "I'm probably more protective than I've ever been now that I have children," he says.

"My wife's name for me is Red Alert. I sometimes just check to see if the kids are breathing."

Despite playing a CDC specialist in the film, Fishburne says none of the germ-phobia rubbed off on him. "I ain't afraid of germs, and I ain't afraid of getting sick," he says. "Dying, that's some other s—."

As for Soderbergh, working on Contagion certainly has made him much more aware of the microscopic dangers around him.

"I don't know if my behaviour has changed. I'm just really aware of it now," he says.

"Somebody set up this microphone, I was handed some lip balm by one of the makeup people, which I took a Kleenex and cleaned off, but who knows if that worked. So don't get near my mouth. Having gone through it, I'm always going to be conscious of it now."

But it's not all fear and paranoia, Soderbergh admits. Taking the movie out into the world has produced some surprisingly entertaining moments — even if they are at his audience's expense. "It was fun during the preview to watch the lights come up and 400 people realize that they're next to a bunch of strangers and that they've touched everything," he says, a mischievous glint in his eye.

"You could tell they weren't happy."

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Baby talk must be right: Weisz

Newlyweds Rachel Weisz and Daniel Craig haven't ruled out adding a baby to their household, but the motivation has to be right, Weisz tells Lucky magazine.

"Oh, I wouldn't make [a baby] just for the sake of giving my son a sibling," she says. "But you never know."

▶ Rachel Weizs

▶ Daniel Craig

Weisz has a five-year-old son, Henry, from her relationship with Darren Aronofsky.

Meanwhile Craig has a 19-year-old daughter named Ella from a previous marriage.

METRO

A love rekindling for Biel and Timberlake?

Former flames spotted dining and enjoying a leisurely bike ride in Toronto

ALL PHOTOS GETTY IMAGES

▶ Rumours are stirring that Timberlake and Biel may not be over for good.

Jessica Biel and Justin Timberlake put an end to their relationship back in March, but now there's speculation that their breakup might not stick, according to Hollyscoop.

Biel and Timberlake were spotted recently sharing brunch and a leisurely bike ride in Toronto, where Biel is currently filming.

"They were in good spirits," an eyewitness says. "They seemed happy. They had brunch together. They were talking. They enjoyed their food. They had a nice time."

But even if the pair are rekindling their flame, don't expect Timberlake to get too talkative about it.

"In my 30 years, she is the most special person," he told Vanity Fair in June.

"I don't want to say much more, because I have to protect things that are dear to me — for instance, her." METRO

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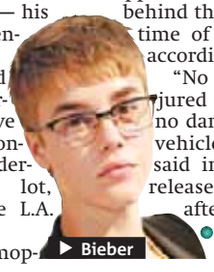
Biebs has first fender-bender

Justin Bieber reached another milestone — his first fender-bender.

The 17-year-old singer's black Ferrari is said to have collided with a Honda Civic in an underground parking lot, according to the L.A. Times.


▶ Bieber

The famous mop-topped entertainer was behind the wheel at the time of the collision, according to reports.

"No one was injured and there was no damage to either vehicle," the LAPD said in a statement released shortly after.

METRO

Celebrity tweets

@samantharonson
"If writing on rocks and throwing them at people counts.... I'm totally down with fighing with words."

@iamwill
"How do we get america back up to speed again???"

@jimmyfallon
"Beyonce & Jay-Z are expecting a baby. Man, that kid is gonna have everything! Except a last name."

@joelmchale
"Fact: 90% of all men in the U.S. driving convertibles are real estate agents."

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3 life

Men's style

Men caring more about complexion

According to Stylesight.com, 84 per cent more men feel comfortable purchasing grooming products than did previous generations. It's reported that men now spend an average of 22 minutes on their beauty regimen, closing in on the average woman's 29-minute regimen. NEWS CANADA

Easy tips to shape up this season

Canadian fashion blog The Coveteur is taking a peek into the dressers, drawers, closets and safes of ladies and gents in the frontline of the fashion industry

Site brings style savvy out of the closet

A moniker marrying the words "covet" and "voyeur" seems fitting for a site offering glimpses into people's closets, but there's much more to homegrown fashion blog The Coveteur than a series of random snapshots.

The Canadian trio behind the buzzworthy blog is keen on capturing intimate portraits of personal style within a cosy, familiar environment typically beyond the glare of the spotlight.

Since launching this year, The Coveteur has won fans with its photographic profiles of the stylish private spaces of notable names, as well as those working behind the scenes in the fashion world.

"I think people are all voyeurs. Everyone wants behind-the-scenes access," said designer Erin Kleinberg, one of the founders.

"People are visual and they want to see imagery, and they want to see exclusive content, for sure."

JACK ROSENBERG/THECANADIANPRESS

▶ Stephanie Mark, left, says she and her Coveteur collaborators love profiling celebrities, but feel it's also important for them to focus on others within the industry such as make-up artists and hairstylists, who usually don't receive the same level of recognition.

JACK ROSENBERG/THECANADIANPRESS

▶ Reality star Khloe Kardashian, centre, is seen with Erin Kleinberg, left, and Stephanie Mark, right, as her closet is perused by the The Coveteur founders.

Street style was a huge influence for Kleinberg and stylist Stephanie Mark, but both wanted to take the concept one step further.

Rather than strictly chronicling what people were wearing, they came up with the idea of adopting a more personal approach: going into individuals' homes to peruse and capture snapshots of the clothes, accessories and prized keepsakes adorning their closets.

"Once we started shooting, the element of environment really came into play then," Mark said. "We realized the environment was just as much about a person as their clothing... they kind of really complement each other."

Rounding out the Toronto trio is photographer Jake Rosenberg. The team had previously collaborated on one of Kleinberg's lookbooks shot by Rosenberg and styled by Mark.

For someone accustomed to shooting fashion on figures, Rosenberg said the notion of capturing images of closets was an entirely new concept.

In certain cases, the process turned out to be a revelation of sorts for the subjects themselves, he noted.

"A lot of people say after we've gone through their closet, 'Oh my God, I totally forgot that I had all this stuff in there,'" Rosenberg said.

The Coveteur has embarked on a special collaboration with luxury retailer Holt Renfrew, including a lookbook showcasing fall designer footwear, a photo exhibit featuring the closets of resident tastemakers, and dedicated window installations at locations across the country.

THE CANADIAN PRESS

The site stats

Wondering how thecoveteur.com came to be?

- The Coveteur netted 20,000 hits the day it launched in January, and what initially started off as a fun passion project has evolved into a full-time commitment that sometimes involves travel to locations such as New York and Los Angeles.
- The site also features e-commerce, allowing users scrolling through the various images to shop the look they see featured in the closets.

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Another celebrity fashion label?

The latest growth spurt in celebrity clothing lines is upon us We rate the newest batch

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METRO WORLD NEWS IN LONDON

From the Kardashian sisters's new collection for the American chain store, Sears, to rumours of a Kanye West-designed shoe line with Giuseppe Zanotti, the month has been rife with celebrity clothing lines launches and news. The idea of famous people trying their hand at fashion design can be a yawn, especially when you think of past flops such as Jennifer Lopez's Sweetface or Lindsay Lohan's debacle at Emanuel Ungaro. But there have been some surprising hits too from Victoria Beckham's eponymous women's label to Mary-Kate and Ashley Olsen's The Row. And let us not forget the puzzling, mega-money-making hit that is Jessica Simpson's clothing empire. We look at the bold-faced names that have launched clothing lines in the past year and rate the results.

The scale

- **Tabloid material:** You'll happily read about the collection on your favourite celeb blogs. But would you ever wear it? Hell no.
- **Markdown only:** It's kind of cute and worth waiting for end-of-season sales.
- **Bag it:** The line has your name written all. over. it.

THE LABEL	WHY DESIGN?	HOW'S IT LOOKING?	RATING
The Kardashians Kollection for Sears	The sibling queens of reality TV will do anything to keep you talking about them, including designing a 41-piece collection that could have come straight out of their closet.	The much hyped line launched on August 11 smack dab in the middle of the even bigger media hype over Kimmy's wedding. Coincidence? We think not.	Tabloid material
Georgia May Jagger for Hudson jeans	Any self-respecting daughter of A-listers has to show that there's more to her existence than just being the pretty progeny of superstar parents. In the case of Mick Jagger's model daughter, that means designing pricey denim.	It's hard to screw up jeans. Georgia's line includes tightly cut mid-rise skinnies with quirky details like lace ties running down the length of the legs – thank Mom, Jerry Hall and her Studio 54 days for that little gem.	Markdown only
Jennifer Lopez and Marc Anthony for Kohl's	She's done it before. Plus, all of America tuned in to American Idol weekly to see her snazzy looks. A diva's gotta capitalize off of that. Kohl's has gone pretty quiet on promo'ing Marc Anthony's menswear half of the line, though. Divorce does not a good ad campaign make.	One-shouldered blouses, tight jeans, animal print dresses, knee-high boots, blingy jewelry: The clothes basically look like lesser expensive versions of the hyper-sexy stuff Lopez usually wears.	Tabloid material —unless you're one of the millions who coveted her A.I. costumes, in which case: Bag it, baby

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A BATHTUB IN THE BEDROOM — YAY OR NAY?

When listing 12 things she can't live without for ELLE's August decor issue, Gwyneth Paltrow included a fancy bathtub in the middle of her bedroom, without an ounce of irony.

Celeb journalists rolled their eyes like, "That's just Gwyneth being all Gwyneth." But in actuality, the bedroom bathtub has become very trendy in interior decor land. We weigh the pros and cons.

THINKSTOCK.COM

▶ The bed and bath situation in this photo is so 10 years ago.

PROS

When you're tired after a long day at work, you can literally roll right out of the bathtub and into the bed.

- When your eyes are still groggy from the night's sleep, you can literally roll right out of bed and into the bathtub.
- Those special date nights could be twice as fun.

CONS

Your bedroom will have that damp, yucky, steamy feeling.

- Um, hello, mildew?
- All that rolling out of bed and into the bath will make you lazy.
- You'll essentially be sleeping in the bathroom.

CREATURE COMFORTS

CHARLES THE BUTLER

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Dear Charles the Butler, What kind of sheets should I buy for my master bed, how many do I need and how often do I need to change my bed sheets?
Diane B.

Dear Diane B.,

First, when you go shopping I don't want you to worry or stress about thread count.

Feel the sheets and remember the fabric has "sizing" (a combination of light glue and starch which makes them stiff so they look nice in the retail store), so you really need to buy one sheet, wash it and sleep with it.

Myself, I like sheets with "percale" in the summer — this is a closely woven smooth finish cotton.

In the winter I love flannel sheets, and the best part of flannel for me is that they are warm on cold nights and don't need to be ironed!

Once you find a brand of sheets you like, you should have a minimum of two sets, and if budget allows a third. This way you have one set that is dirty, one on the bed and an emergency backup set for spills, dogs, kids, life etc.

And finally in a perfect world bed sheets should be changed weekly.

Remember the human body sweats a litre of liquid per night and the exfoliation of dead skin all accumulates in your bed and bacteria/mites love to feed on this.

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Best in show

I scoured the 2011 New York International Gift Fair to find the must-have products for this season

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KARL LOHNES
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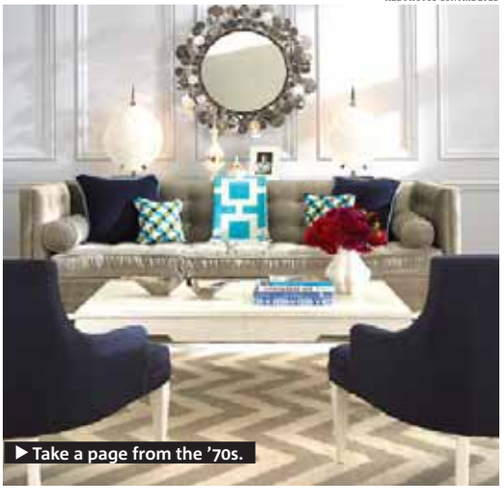
Twice a year the Javits Center in New York is packed with the latest and greatest in lamps, rugs, salad bowls and more as the New York International Gift Fair displays housewares to thousands of buyers of retail stores.

The show — one of the largest of its kind with 2,800 exhibitors from the United States, Canada and around the world — features the best in home decor and entertaining accessories. I took a peek around this trade-only event and checked out the latest looks being offered up this season.

ALL PHOTOS CONTRIBUTED



▶ Take a page from the '70s.

Hicks 1970s inspiration

Geometric and herringbone patterns inspired by '70s design king David Hicks seem to be enjoying a revival.

This time around both bright colours mixed with neutrals helped update the famous prints on wallpaper, rugs, pillows and furnishings.

Jonathan Adler, sand herringbone rug, $1,550 and up, jonathanadler.com

Making big weaves

Another old time craft makes a comeback as several designers constructed items using weave techniques in materials such as wicker, knit and even rubber.

Tote bags everywhere!

Tote bag mania continues and I saw examples of the ubiquitous item made from pretty much anything including vintage carpet remnants, eco-friendly materials and old school canvas.

New this year: big, sturdy zippers, clasps and lots of leather handles and straps for durability.

The Run Run Run Italian Shopper Tote bag is super-stylish and made of recycled water bottles. It can be purchased for $45 at kickstarter.com.

Favourite find:

Little Black Dress closet organizer

▶ **This tongue-in-cheek** gadget, which can be hung over a door or closet rod, keeps your jewelry and hairpins in order. $25, umbra.com

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FOR METRO

JEFF O'REILLY/FOR METRO

▶ Wind-up doll Coppelia (street performer Kate Mior) gets ready to refuel with a Neustadt 10w30.

A beer named after motor oil? When I first heard the name I giggled, and when I saw the can I laughed at the sheer brilliance of the marketing behind it. But when I tasted it I was completely sold — this was a beer to be reckoned with.

So how did a beer so unusual and different come to be brewed in a tiny town in Ontario?

Neustadt Springs Brewery owners Andy and Val Stimpson began their brewing journey working at the 200-plus-year-old well respected northern England brewery of Daniel Thwaites PLC before moving on to work at Marstons PLC.

After several trips to Canada and falling in love with our province, they decided this is where they belonged. In searching for a suitable location to brew, the Stimpsons came across the abandoned Crystal Spring Brewery in Neustadt and restored this historic landmark to operate the oldest working original brewery building in Ontario (established in 1859). The brewery also boasts some of the best sources of spring water in Canada.

Neustadt 10w30 (5.5 per cent alcohol by volume) is deep ruby red in colour with a huge foamy tan head.

The initial nose of rich pleasant sweet malts and grains welcome you to a wonderful mixture of caramel, brown sugar, coffee, chocolate, and even licorice flavours that abound before a slightly warm nutty finish. With a mild, super smooth mouth feel, this beer is a memorable and enjoyable taste experience, is worth searching out and warrants a trip to one of the bigger LCBO locations.

Hold on to summer at Thimblecakes

Summer is almost over, but there is still one way left to hold onto it … with delicious homemade ice cream.

Actually, it's organic, dairy-based, coconut milk or sorbet all made in the completely nut-free location of Thimblecakes. With six flavours varying according to the chef's whimsy, you are guaranteed a surprise each visit

Real vanilla bean or chocolate coconut milk ice cream means any lactose-intolerant folks can get a scoop without worrying. The same goes for sorbet lovers with a penchant for fresh fruit like strawberry or peach — expect to enjoy delicious chunks of fruit.

This cute new cupcake shop is decorated with funky Victorian furniture and has the friendliest staff. Open late weeknights. Thimblecakes (thimblecakes.ca) is located at 369 Bank St. at Gilmour.

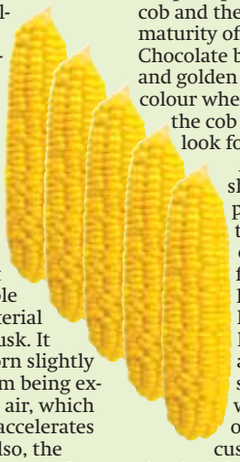
SAMANTHA EVERTS

SAMANTHA EVERTS/FOR METRO

▶ Homemade strawberry sorbet in chocolate cupcake cone.

Husk corn at last possible moment

I am amazed that in this age of "local is best because it is fresh" that so many consumers cheerfully husk their corn in the grocery store or market before purchase. This makes about as much sense as peeling bananas in the supermarket before bringing them home.



Nature has provided a cob of corn with a wonderful 100 per cent biodegradable packing material called the husk. It keeps the corn slightly cool and from being exposed to the air, which dries it and accelerates maturing. Also, the "silk" that extends from the cob is the channels through which the pollen travels to the individual kernel for fertilization.

These are fully intact and part of the husk, but when removed, the kernels have no more reason to live and have another reason to start to deteriorate rather rapidly. Thus, unless shoppers are planning to cook their corn immediately upon return from the grocery store, husking before purchase is not a wise move for those who cherish fresh food.

For those who are uncertain about the quality of the corn, a slight tear in the husk will expose a few kernels, which will be identical to the rest of the cob.

Learn to judge the quality of the corn by the plumpness of the cob and the density and maturity of the silk. Chocolate brown ends and golden green in colour where they enter the cob is what I look for.

Also, it should be pointed out that husking corn at a farmers' market is taboo. Recently, at a local market, a vendor of sweet corn was livid. One of her customers shucked the recently purchased corn in front of her booth, which she was busy cleaning when we came along. She knew about the loss of quality, which was the message she was trying to deliver, but worse than that, market vendors are obligated to keep the surroundings of their stands tidy. The stand operator probably lost a couple customers while she was distracted with the unnecessary effort of cleaning up someone else's mess.

MAURICE HLADIK IS THE AUTHOR OF THE FORTHCOMING BOOK DEMYSTIFYING FOOD FROM FARM TO FORK.

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de Toren Z 2008, South African
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▶ Leading with Merlot, here is a Bordeaux-style blend that's full-flavoured, balanced and delicious.

Luis Felipe Edwards 'Reserva' Merlot 2009, Chile
(LCBO #250340, $14.95)
▶ Big, deep, inky and well structured, there is a complex array of aromas and flavours.

Inniskillin 'Winemaker's Series Barrel-Aged' Pinot Gris 2009, Niagara
(LCBO #177766, $19.95)
▶ An award winner that's subtle, spiced, lush, finishing fresh and fruity.

Domaine des Bernardins Muscat de Beaumes-de-Venise 2009, France
(LCBO #129999, $16.95 (375 ml)
▶ Do you have a sweet tooth? Definitely pick up a bottle of this wine rich with fruit aromas, luscious, silky and warm on the finish.

GRAND TOTAL: $84.80

FOR MORE, SEE SAVVYCOMPANY.CA.

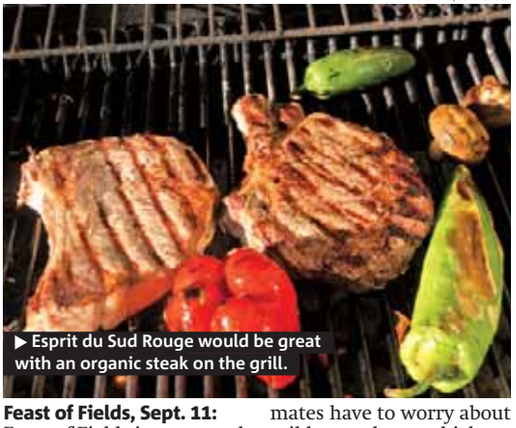
Time to splurge

- If you have extra cash, this Amarone is delicious.
- **Corte Majoli Amarone della Valpolicella 2007, Italy** (Vintages #81943, only $33.95)

End season on a crisp note

SEASONAL SIPS

HEMERA/THINKSTOCK



▶ Esprit du Sud Rouge would be great with an organic steak on the grill.

Labour Day, Sept. 5:
Say goodbye to summer with a crisp and refreshing Sauvignon Blanc from New Zealand.

Delta Sauvignon Blanc ($16.95 +236125) is from Marlborough, generally considered to be the place for this grape. Sauv Blanc goes great with summer salads, grilled veggies, and dishes seasoned with fresh herbs. It's also a great patio wine all on its own. Available at Vintages Saturday.

Feast of Fields, Sept. 11:
Feast of Fields is an annual culinary celebration of local organically-grown food. Many people don't know that there are also organic wines and we are seeing more and more of them at the LCBO these days.

Esprit du Sud Rouge ($14.95 +104919) is an organic wine from the south of France, an excellent area for organic farming, due to its warm, dry climate — damper climates have to worry about mildew and rot, which require treatment with chemicals.

This red is a blend of Syrah, Grenache and Carignan, and would be great with an organic steak on the grill. Available at Vintages Saturday.

ALLYSON BYCRAFT IS CURRENTLY ON A VINOUS ADVENTURE AT BABCOCK WINERY IN CALIFORNIA. FOLLOW HER GOINGS-ON AT WWW.SCRATCHINGSFROMACELLARRAT.BLOGSPOT.COM.

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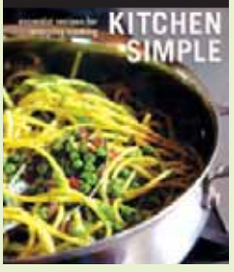
Weekly Cookbook



With Kitchen Simple: Essential Recipes for Everyday Cooking (Random House, 2011) James Peterson elevates routine fare into exciting eats.

The book presents creative takeson weeknight meals, impromptu dinner parties and inspired last-minute desserts.

More than 200 recipes such as Mexican-Style Gazpacho, Ricotta Ravioli, Clam Chowder, Roast Rack of Lamb, Cream Puffs, Stuffed Zucchini and more make up Kitchen Simple.

From everyday to elegant

Warm Salad of Grilled Chicken Thighs & Figs and Zucchini Scapece Salad upgrade side dishes

ALL PHOTOS: MATTHEW MEAD THE ASSOCIATED PRESS

Skinless chicken breasts have become the new cottage cheese — the ubiquitous base upon which weight-loss diets are built.

But it still doesn't register well on the excitement meter. That's where chicken thighs come in. Sure, they aren't as low in fat, but being skinless and by trimming all visible fat they become fairly low in fat and they're flavourful.

Salad of Grilled Chicken Thighs, Figs & Parmigiano-Reggiano

Preparation:

1. In a large bowl, combine half each of the vinegar and rosemary. Season with salt and pepper. Add chicken and toss to coat. Cover and marinate at room temperature for 15 minutes or in refrigerator for up to 4 hours, turning chicken occasionally.
2. Place onions in a large bowl and add remaining red wine vinegar and a pinch of salt. Mix and set aside for 15 minutes to 1 hour, tossing occasionally.
3. Heat a grill or grill pan to medium-low. Place chicken thighs on grill and cook for 15 to 20 minutes or until nicely browned and cooked through, turning chicken halfway through grilling. Transfer chicken to a plate and sprinkle with basil. Set aside.
4. Add arugula, figs and remaining rosemary to onions and vinegar. Gently toss salad, then season with salt and pepper. Divide salad among 4 serving plates. Place chicken thigh halves around salad, then sprinkle salads with shaved Parmigiano-Reggiano.

THE ASSOCIATED PRESS/ ROCCO DISPIRITO

Ingredients:

- 60 ml (4 tbsp) red wine vinegar, divided
- 10 ml (2 tsp) chopped fresh rosemary, divided
- Salt and ground black pepper
- 8 bone-in, skinless chicken thighs, each cut into 2 pieces each (1 to 1.15 kg/ to 2 to 2 1/2 lb total)
- 125 ml (1/2 cup) thinly sliced red onion
- 5 ml (1 tsp) chopped fresh basil
- 2 ripe fresh figs, cut lengthwise into quarters
- 2 l (8 cups) loosely packed fresh arugula
- 30 g (1 oz) Parmigiano-Reggiano cheese, shaved

Zucchini Scapece Salad Preparation:

1. Dressing: In bowl, whisk oil, honey, lemon zest and juice, garlic and fennel seeds. Season to taste with salt, pepper.
2. Marinade: In bowl, combine vinegar, garlic and 1 ml (1/4 tsp) each of salt and pepper. Add mint and set aside.
3. In skillet over medium-high, heat about 5 mm (1/4 inch) of olive oil. Working in batches, fry zucchini slices turning slices often with fork, for 7 minutes. As zucchini slices finish frying, transfer to marinade. Let marinate fo 10 minutes.
4. To assemble, place arugula in large bowl. Remove zucchini slices from marinade and add to arugula. Drizzle with dressing, toss gently. Top with ricotta salata.

THE ASSOCIATED PRESS/ DONATELLA ARPAIA

Ingredients:

Dressing
- 50 ml (1/4 cup) olive oil
- 5 ml (1 tsp) honey
- Zest and juice of 1 lemon
- 1 clove garlic, diced
- 30 ml (2 tbsp) toasted fennel seeds
- Salt and black pepper

Marinade
- 175 ml (3/4 cup) red wine vinegar
- 3 large cloves garlic
- Salt and black pepper
- 30 mint leaves, sliced

Zucchini
- Olive oil, for frying
- 3 to 4 medium zucchini, sliced diagonally into 5-mm (1/4-inch) rounds
- 1.5 l (6 cups) arugula
- 50 ml (1/4 cup) shaved ricotta salata

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NEPEAN / NEPEAN SPORTSPLEX
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Pospisil keeps Canada's U.S. Open hopes alive

Vasek Pospisil is starting to feel like he belongs among the world's top tennis players.

The native of Vernon, B.C., won the first Grand Slam match of his career yesterday by crushing Lukas Rosol 6-1, 6-2, 6-1 to reach the second round of the U.S. Open.

Pospisil needed just 82 minutes to dispatch the Czech after converting on seven of 13 break point chances.

"This is my second slam, so I'm still new to the scene," he said. "It takes a little bit of getting comfortable with these guys.

"In the past maybe it wasn't like that for me. But that is changing fast. I feel like I belong out there."

He'll face No. 25 seed Feliciano Lopez in the second round. The Spaniard was a quarter-finalist at Wimbledon in July.

"He will be tough, they're all tough at this level," said Pospisil, who is ranked 143rd in the world. "But I've been playing well for the last couple of months so I'm looking forward to it. I'm confident."

Pospisil is the lone Canadian singles player left in the tournament. Against Rosol yesterday, the 21-year-old Canadian piled on 13 aces and 13 winners.

THE CANADIAN PRESS

DAVE SANDFORD/GETTY IMAGES

▶ Wade Belak was found dead yesterday. He was 35.

'We've lost a lot in the last three months'

NHL left reeling after Wade Belak found dead, the third player to die since May League had already lost Derek Boogaard and Rick Rypien

The NHL is mourning the loss of yet another tough guy after Wade Belak was found dead yesterday in Toronto.

The 35-year-old became the third enforcer to die since May and second in just over two weeks.

New York Rangers forward Derek Boogaard died in mid-May while Rick Rypien of the Winnipeg Jets was found dead Aug. 15.

"As everyone knows there have been some real losses that we've experienced over the years, but it never seemed like there was three in a row like this," said Pat Quinn, who coached Belak when he played in Toronto. "Anybody that's around this game, you feel like it's part of your big family, and that includes the fans and all the people that support these players and get to know them. We've lost a lot in the last three months."

"You don't replace it. You just hope the ones that are left behind can live through it and be all right."

Specific details of Belak's death were not immediately available, but Toronto police confirmed they were called to a downtown hotel and condo complex in the early afternoon and are still investigating.

Craig Button, who was the general manager of the Calgary Flames when Belak played there early in his career, can't remember a more tragic time for the NHL.

"We're talking about such a short period of time," he said. "It's not only about the deaths, it's the deaths that surround similar type players. ... It's not just getting hit in the head, it's everything that goes with that (enforcer) role."

Belak spent the past three seasons with the Predators prior to retiring over the summer. He was scheduled to work on Nashville's television broadcasts this coming year.

THE CANADIAN PRESS

4 sports

Quoted

"I enjoyed playing my first match here, and wish I could continue but right now I am unable to. I am thankful I finally have a diagnosis and am now focused on getting better and returning to the court soon."

VENUS WILLIAMS. WILLIAMS SAYS SHE HAS BEEN DIAGNOSED WITH AN AUTOIMMUNE DISEASE THAT CAUSES FATIGUE AND JOINT PAIN AND HAS FORCED HER TO WITHDRAW FROM THE U.S. OPEN.

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	82	52	.612	—
New York	81	52	.609	½
Tampa Bay	73	61	.545	9
Toronto	68	68	.500	15
Baltimore	54	80	.403	28

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	75	61	.551	—
Cleveland	67	65	.508	6
Chicago	68	66	.507	6
Minnesota	57	79	.419	18
Kansas City	56	81	.409	19½

WEST DIVISION

	W	L	Pct	GB
Texas	77	59	.566	—
Los Angeles	73	62	.541	3½
Oakland	60	75	.444	16½
Seattle	57	77	.425	19

Yesterday's results
Toronto 13 Baltimore 0
Detroit 5 Kansas City 4
Minnesota 7 Chicago White Sox 6
Oakland at Cleveland
N.Y. Yankees at Boston
Tampa Bay at Texas
L.A. Angels at Seattle
Tuesday's results
Baltimore 6 Toronto 5 (10 innings)
Chicago White Sox 8 Minnesota 6
Cleveland 6 Oakland 2
Detroit 2 Kansas City 1 (10 innings)
L.A. Angels 13 Seattle 6
N.Y. Yankees 5 Boston 2
Texas 2 Tampa Bay 0
Today's games
All Times Eastern
Oakland (G.Gonzalez 11-11) at Cleveland (Carmona 6-12), 12:05 p.m.
Toronto (L.Perez 3-2) at Baltimore (Tom.Hunter 3-2), 12:35 p.m.
Kansas City (Duffy 3-8) at Detroit (Ja.Turner 0-1), 1:05 p.m.
N.Y. Yankees (A.J.Burnett 9-11) at Boston (Lester 14-6), 7:10 p.m.
Tampa Bay (Niemann 9-5) at Texas (C.Wilson 13-6), 8:05 p.m.
L.A. Angels (E.Santana 10-9) at Seattle (Furbush 3-6), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	85	46	.649	—
Atlanta	80	55	.593	7
New York	65	69	.485	21½
Washington	63	71	.470	23½
Florida	60	75	.444	27

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	81	55	.596	—
St. Louis	71	64	.526	9½
Cincinnati	67	68	.496	13½
Pittsburgh	62	73	.459	18½
Chicago	59	78	.431	22½
Houston	46	90	.338	35

WEST DIVISION

	W	L	Pct	GB
Arizona	77	59	.566	—
San Francisco	72	65	.526	5½
Los Angeles	65	70	.481	11½
Colorado	64	72	.471	13
San Diego	60	77	.438	17½

Yesterday's results
Atlanta 3 Washington 1
L.A. Dodgers 4 San Diego 2
N.Y. Mets 3 Florida 2
San Francisco 4 Chicago Cubs 0
Philadelphia at Cincinnati
Pittsburgh at Houston
St. Louis at Milwaukee
Colorado at Arizona
Tuesday's results
Arizona 9 Colorado 4
Chicago Cubs 5 San Francisco 2
Florida 6 N.Y. Mets 0
Houston 8 Pittsburgh 2
L.A. Dodgers 8 San Diego 5
Philadelphia 9 Cincinnati 0
St. Louis 2 Milwaukee 1
Washington 9 Atlanta 2
Today's games
All Times Eastern
Philadelphia (Worley 9-1) at Cincinnati (Leake 11-8), 12:35 p.m.
L.A. Dodgers (Eveland 0-0) at Pittsburgh (Lincoln 1-0), 4:05 p.m.
St. Louis (Dickson 0-0) at Milwaukee (Gallardo 15-8), 4:10 p.m.
Florida (Hensley 2-5) at N.Y. Mets (Batista 3-2), 7:10 p.m.
Washington (Wang 2-2) at Atlanta (T.Hudson 13-8), 7:10 p.m.

BLUE JAYS 13, ORIOLES 0

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
YEscor ss	6	2	4	0	Hardy ss	2	0	0	0
EThms lf	5	3	4	1	Angle ph-lf	2	0	1	0
Bautist rf	4	1	1	3	Markks rf	2	0	0	0
Wise ph-rf	2	0	1	0	Fox ph-1b	2	0	0	0
Lind 1b	4	2	2	2	AdJons cf	4	0	0	0
Teahen ph-1b	2	0	0	0	Guerrr dh	3	0	1	0
Encrnc dh	5	3	4	2	MrRynl 1b-3b	3	0	0	0
KJhnsn 2b	5	1	2	3	Andino 3b-ss	3	0	1	0
Lawrie 3b	4	0	1	1	Reimld lf-rf	3	0	0	0
JMolin c	5	1	1	1	RAdms 2b	3	0	1	0
McCoy cf	4	0	0	0	Tatum c	3	0	0	0
Totals	**46**	**13**	**20**	**13**	**Totals**	**30**	**0**	**4**	**0**

Toronto	016	402	000 — 13
Baltimore	000	000	000 — 0

E—Y.Escobar (13), Mar.Reynolds (24). DP—Toronto 2, Baltimore 1. LOB—Toronto 9, Baltimore 3. 2B—E.Thames 2 (20), Lind (13), Encarnacion 2 (33), Lawrie (5), Angle (2). HR—Bautista (39), Encarnacion (15), K.Johnson (1), J.Molina (3). SB—E.Thames (2).

Toronto	IP	H	R	ER	BB	SO
H.Alvarez W,1-2	8	3	0	0	0	5
R.Lewis	1	1	0	0	0	1
Baltimore						
Jo-.Reyes L,7-11	2 2-3	8	7	7	1	2
Bergesen	2 1-3	4	4	4	1	1
Patton	2	4	2	2	0	2
Z.Phillips	1	2	0	0	1	1
Jakubauskas	1	2	0	0	0	1

T—2:26. A—14,211 (45,438) at Baltimore, Md.

CYCLING

VUELTA A ESPANA

At A Pobra de Trives, Spain
Yesterday's 11th stage — 167.44-kilometres
1. David Moncoutie, France, Cofidis, four hours, 38 minutes, zero seconds; 2. Benat Intxausti, Spain, Movistar, 1:18 behind; 3. Luis Leon Sanchez, Spain, Rabobank, same time; 4. Frank Thomas, Switzerland, BMC Racing, 1:36; 5. Sergio Paulinho, Portugal, Radioshcak, 1:43; 6. Matteo Montaguti, Italy, AG2R La Mondiale, 2:29; 7. Amets Txurruka, Spainm, Euskaltel-Euskadi, s.t.; 8. Aitor Perez, Spain, Lampre, 2:55; 9. Joaquin Rodriguez, Spain, Katusha, 3:01; 10. David Bernabeui, Spain, Andalucia Cja Granade, 3:08.
Overall Standings (after 11th of 21 stages)
1. Bradley Wiggins, Britain, Sky, 42 hours, 50 minutes, 41 seconds; 2. Christopher Froome, Britain, Sky, seven seconds behind; 3. Vicenzo Nibali, Italy, Liquigas-Cannondale, 0:11; 4. Fredrik Kessiakoff, Sweden, Astana, 0:14; 5. Jakob Fuglsang, Denmark, Leopard Trek, 0:19.

CFL

WEEK 10

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	8	7	1	0	212	157	14
Montreal	8	5	3	0	253	193	10
Hamilton	8	4	4	0	216	206	8
Toronto	8	2	6	0	184	233	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	8	6	2	0	232	203	12
Edmonton	8	5	3	0	174	190	10
B.C.	8	2	6	0	203	203	4
Saskatchewan	8	1	7	0	165	253	2

Tomorrow's game — All Times Eastern
B.C. at Toronto, 7:30 p.m.
Sunday's game
Winnipeg at Saskatchewan, 4 p.m.
Monday's game
Montreal at Hamilton, 1 p.m.
Edmonton at Calgary, 4:30 p.m.

NFL

PRE-SEASON
WEEK FOUR

Tonight's games
All Times Eastern
Detroit at Buffalo, 6:30 p.m.
Indianapolis at Cincinnati, 7 p.m.
Baltimore at Atlanta, 7:30 p.m.
N.Y. Giants at New England, 7:30 p.m.
Dallas at Miami, 7:30 p.m.
Tampa Bay at Washington, 7:30 p.m.
St. Louis at Jacksonville, 7:30 p.m.
Philadelphia at N.Y. Jets, 7:30 p.m.
Cleveland at Chicago, 8 p.m.
Kansas City at Green Bay, 8 p.m.
Houston at Minnesota, 8 p.m.
Tennessee at New Orleans, 8 p.m.
Pittsburgh at Carolina, 8 p.m.
Denver at Arizona, 10 p.m.
San Francisco at San Diego, 10 p.m.
Tomorrow's game
Oakland at Seattle, 10:30 p.m.
End of Pre-Season

CIS

WEEK ONE

Tonight's game
All Times Eastern
McGill at Montreal, 7 p.m.
Tomorrow's games
Bishop's at Sherbrooke, 7 p.m.
Alberta at Saskatchewan, 10 p.m.
British Columbia at Regina, 10 p.m.
Saturday's games
Laval at Concordia, 1 p.m.
Calgary at Manitoba, 4 p.m.
Sunday's games
Toronto at Windsor, 1 p.m.
Laurier at York, 1 p.m.
Ottawa at Guelph, 1 p.m.
McMaster at Queen's, 2 p.m.
Waterloo at Western Ontario, 7 p.m.

TENNIS

U.S. OPEN

At New York
MEN
Singles — First Round
Andy Murray (4), Britain, def. Somdev Devvarman, India, 7-6 (5), 6-2, 6-3.
Julien Benneteau, France, def. Nicolas Almagro (10), Spain, 6-2, 6-4, 6-3.
Gilles Simon (12), France, def. Ricardo Mello, Brazil, 3-6, 6-3, 6-4, 3-6, 6-4.
Juan Martin del Potro (18), Argentina, def. Filippo Volandri, Italy, 6-3, 6-1, 6-1.
Feliciano Lopez (25), Spain, def. Tatsuma Ito, Japan, 6-2, 6-4, 6-4.
Vasek Pospisil, Vernon, B.C., def. Lukas Rosol, Czech Republic, 6-1, 6-2, 6-1.
Rogerio Dutra da Silva, Brazil, def. Louk Sorensen, Ireland, 6-2, 6-4, 6-4.
Diego Junqueira, Argentina, def. Karol Beck, Slovakia, 6-2 (retired).
Robin Haase, Netherlands, def. Rui Machado, Portugal, 6-0, 6-4, 6-4.
Guillermo Garcia-Lopez, Spain, def. Daniel Gimeno-Traver, Spain, 6-3, 1-6, 7-6 (1), 4-6, 7-6 (4).
Denis Istomin, Uzbekistan, def. Ryan Sweeting, U.S., 3-6, 7-5, 6-4, 7-6 (4).
Alex Bogomolov, Jr., U.S., def. Steve Johnson, U.S., 4-6, 4-6, 6-3, 7-6 (3), 6-3.
Robby Ginepri, U.S., def. Joao Souza, Brazil, 6-3, 6-4, 6-7 (5), 6-1.
Jack Sock, U.S., def. Marc Gicquel, France, 6-4, 6-3, 1-6, 6-4.
Doubles — First Round
Ivo Karlovic, Croatia, and Frank Moser, Germany, def. Bob and Mike Bryan (1), U.S., 6-4, 2-6, 6-2.
Max Mirnyi, Belarus, and Daniel Nestor (2), Toronto, def. Santiago Giraldo, Colombia, and Pere Riba, Spain, 6-3, 6-2.
Eric Butorac, U.S., and Jean-Julien Rojer (8), Netherlands Antilles, def. Grigor Dimitrov, Bulgaria, and Dmitry Tursunov, Russia, 6-7 (3), 6-2, 6-0.
Jurgen Melzer, Austria, and Philipp Petzschner (9), Germany, def. Santiago Gonzalez, Mexico, and Jamie Murray, Britain, 6-3, 6-0.
Daniele Bracciali and Potito Starace, Italy, def. Frantisek Cermak, Czech Republic, and Filip Polasek (11), Slovakia, 6-4, 6-4.
Marcel Granollers and Marc Lopez (13), Spain, def. Guillermo Garcia-Lopez and Albert Montanes, Spain, 3-0 (retired).
Michael Kohlmann and Alexander Waske, Germany, def. Scott Lipsky and Rajeev Ram (16), U.S., 5-7, 7-6 (6), 7-6 (5).
WOMEN
Singles — Second Round
Vera Zvonareva (2), Russia, def. Kateryna Bondarenko, Ukraine, 7-5, 3-6, 6-3.
Christina McHale, U.S., def. Marion Bartoli (8), France, 7-6 (2), 6-2.
Sam Stosur (9), Australia, def. CoCo Vandeweghe, U.S., 6-3, 6-4.
Peng Shuai (13), China, def. Tsvetana Pironkova, Bulgaria, 6-2, 6-4.
Irina Falconi, U.S., def. Dominika Cibulkova (14), Slovakia, 2-6, 6-3, 7-5.
Julia Goerges (19), Germany, def. Laura Pous-Tio, Spain, 6-3, 6-1.
Alla Kudryavtseva, Russia, def. Yanina Wickmayer (20), Belgium, 6-1, 3-0 (retired).
Sabine Lisicki (22), Germany, def. Venus Williams, U.S. (walkover).
Nadia Petrova (24), Russia, def. Polona Hercog, Slovenia, 6-2, 6-4.
Maria Kirilenko (25), Russia, def. Vera Dushevina, Russia, 6-1, 6-2.
Flavia Pennetta (26), Italy, def. Romina Oprandi, Italy, 6-0, 6-3.
Lucie Safarova (27), Czech Republic, def. Madison Keys, U.S., 3-6, 7-5, 6-4.
Anabel Medina Garrigues (30), Spain, def. Laura Robson, Britain, 6-2, 6-3.
Monica Niculescu, Romania, def. Alexandra Dulgheru, Romania, 6-3, 6-0.
Doubles — First Round
Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, def. Petra Cetkovska and Renata Voracova, Czech Republic, 6-1, 6-2.
Liezel Huber and Lisa Raymond (4), U.S., def. Raquel Kops-Jones and Abigail Spears, U.S., 6-2, 6-2.
Andrea Hlavackova and Lucie Hradecka (8), Czech Republic, def. Bojana Jovanovski, Serbia, and Varvara Lepchenko, U.S., 6-0, 7-5.
Iveta Benesova and Barbora Zahlavova Strycova (9), Czech Republic, def. Monica Niculescu, Romania, and Shahar Peer, Israel, 5-7, 6-4, 7-5.
Andreja Klepac, Slovenia, and Anna Tatishvili, Georgia, def. Chan Yung-jan Chan, Taiwan, and Anastasia Rodionova (10), Australia, 4-6, 6-4, 7-6 (7).
Maria Jose Martinez Sanchez and Anabel Medina Garrigues (12), Spain, def. Mathilde Johansson and Pauline Parmentier, France, 6-1, 6-3.

HOCKEY

IIHF WOMEN'S 12 NATIONS

ROUND ROBIN

GROUP A

	GP	W	OTW	OTL	L	GF	GA	Pt
U.S.	6	6	0	0	0	48	1	18
Sweden	6	5	0	0	1	26	14	15
Canada	**6**	**4**	**0**	**0**	**2**	**48**	**13**	**12**
Finland	6	4	0	0	2	25	10	12

GROUP B

	GP	W	OTW	OTL	L	GF	GA	Pt
Slovakia	4	1	0	0	3	5	17	3
Russia	4	0	0	0	4	5	32	0
Japan	4	0	0	0	4	2	32	0
Switzerland	4	0	0	0	4	3	43	0

GROUP C

	GP	W	OTW	OTL	L	GF	GA	Pt
Germany	3	3	0	0	0	10	5	9
Norway	3	2	0	1	0	14	8	7
Czech Republic	3	1	0	0	2	6	10	3
France	3	0	0	0	3	3	10	0

Note: Three points awarded for a win in regulation, two for an overtime win and one for losing in overtime.
Yesterday's results
At Vierumaki, Finland
Sweden 6 **Canada 4**
U.S. 6 Finland 0
Tuesday's results
At Vierumaki, Finland
Canada 3 Finland 2
U.S. 2 Sweden 0
At Courcheval, France
Germany 4 Norway 3 (OT)
Czech Republic 2 France 1
Tomorrow's game
All Times Eastern
At Vierumaki, Finland
Sweden vs. Finland, 11 a.m.
Saturday's game
At Vierumaki, Finland
Finland vs. Sweden, 8 a.m.
Conclusion of Tournament

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	26	11	8	7	31	30	40
Kansas City	26	9	8	9	38	34	36
Houston	27	8	8	11	34	33	35
Philadelphia	24	8	6	10	30	24	34
New York	26	6	6	14	41	37	32
D.C. United	24	7	7	10	34	35	31
Chicago	26	4	7	15	30	33	27
Toronto	28	4	12	12	26	49	24
New England	26	4	11	11	26	39	23

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	26	14	3	9	37	20	51
Seattle	27	13	5	9	42	29	48
Dallas	27	13	7	7	36	29	46
Colorado	28	10	7	11	39	36	41
Real Salt Lake	24	11	7	6	33	20	39
Portland	26	9	12	5	33	41	32
Chivas USA	27	7	10	10	32	30	31
San Jose	26	5	10	11	27	35	26
Vancouver	26	4	13	9	27	42	21

Saturday's game
All Times Eastern
Philadelphia at Real Salt Lake, 9 p.m.
Monday's game
Los Angeles at Kansas City, 6 p.m.

NASL

	GP	W	L	T	GF	GA	Pt
x-Carolina	23	16	4	3	47	21	51
x-Puerto Rico	24	13	5	6	38	29	45
Tampa Bay	23	9	7	7	36	31	34
Edmonton	24	8	10	6	29	34	30
Minnesota	23	7	8	8	23	25	29
Fort Lauderdale	23	6	7	10	30	32	28
Montreal	23	6	10	7	27	25	25
Atlanta	23	3	17	3	21	54	12

x — clinched playoff berth.
Tuesday's result
Edmonton 1 Puerto Rico 1
Saturday's games
All Times Eastern
Tampa Bay at Carolina, 7 p.m.
Puerto Rico at Atlanta, 7:30 p.m.
Montreal at Fort Lauderdale, 7:30 p.m.
Minnesota at Edmonton, 9:30 p.m.

BASKETBALL

FIBA AMERICAS 2012 OLYMPIC QUALIFYING

At Mar del Plata, Argentina
PRELIMINARY ROUND
Yesterday's results
Brazil 69 **Canada 57**
Argentina 86 Uruguay 51
Domincan Republic 92 Venezuela 89
Puerto Rico 101 Paraguay 55
Tuesday's results
Argentina 84 Paraguay 52
Brazil 92 Venezuela 83
Domincan Republic 90 Cuba 60
Puerto Rico 99 Panama 66
Today's games — All Times Eastern
Paraguay vs. Panama, 10:30 a.m.
Cuba vs. Venezuela, 1 p.m.
Domincan Republic vs. **Canada**, 5 p.m.
Uruguay vs. Puerto Rico, 7:30 p.m.
Friday's games
Canada vs. Cuba, 10:30 a.m.
Panama vs. Uruguay, 1 p.m.
Brazil vs. Domincan Republic, 5 p.m.
Puerto Rico vs. Argentina, 7:30 p.m.

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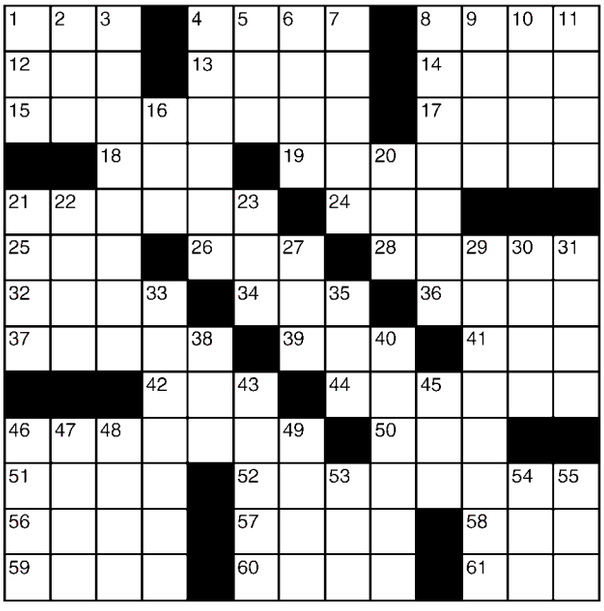
Crossword



Across

1 Tear
4 Radar screen spot
8 Speaker of baseball lore
12 Commotion
13 Righthand person
14 Abhor
15 Short cannon
17 Hibernia
18 Stolen
19 NASA or NATO
21 Mercury or Saturn
24 Yon maiden
25 No longer stylish
26 Uncivilized
28 Bushel fourths
32 Old card game
34 Auction action
36 Stereo alternative
37 "Give me liberty ..." speaker
39 Pistol
41 Triumphed
42 Pick a target
44 Fourscore
46 Old Glory features
50 PBS funding org.
51 Hula —
52 Wall Street partnership
56 Troubles
57 Neighborhood
58 Rotation duration
59 Sheltered
60 Reply to "Shall we?"
61 Baltimore newspaper

Down

1 "Go, team!"
2 Altar affirmative
3 Father of Pocahontas
4 Pancake makeup?
5 Claiborne of fashion
6 Concept
7 Roost
8 Mathematical proposition
9 Reason for a tarpaulin
10 Macy Gray hit
11 Appear
16 Charged bit
20 Agt.
21 Luxurious
22 Skywalker of sci-fi
23 Bill
27 Peruke
29 Ranch staff
30 Entanglement
31 Mitsubishi competitor
33 Walk
35 Payable
38 Shrill bark
40 Black-clad mercenaries
43 Olympics award
45 Bygone compact car
46 Actor LaBeouf
47 Turnpike payment
48 Characterization
49 Aching
53 Drenched
54 Water (Fr.)
55 Thesaurus wd.

▶ Yesterday's answer

M	A	O		C	O	L	T		D	A	S	H
A	U	X		A	R	E	A		O	B	O	E
I	R	E		P	E	T	R	O	L	E	U	M
L	A	N	A	I			A	O	L			
			I	T	S	A		H	A	R	E	M
P	E	T	R	A	E	U	S		R	O	P	E
R	A	W		L	E	G	I	T		A	I	T
I	S	I	S		P	E	T	R	A	R	C	H
G	E	T	U	P		R	E	E	F			
			R	O	O			A	T	L	A	S
P	E	T	R	I	F	I	E	D		O	I	L
O	P	I	E		F	O	A	L		O	D	E
W	A	X	Y		S	U	R	E		P	A	D

Sudoku

7				1				6
3		6		8		4		1
		9	2		7	5		
5								9
			1		3			
1								2
		5	6		8	3		
6		1		3		9		8
9				4				7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	2	3	5	8	4	7	1
3	4	8	1	6	7	2	5	9
5	1	7	2	4	9	6	8	3
7	3	4	8	1	5	9	2	6
1	6	5	4	9	2	8	3	7
8	2	9	6	7	3	1	4	5
4	7	3	9	2	6	5	1	8
2	5	6	7	8	1	3	9	4
9	8	1	5	3	4	7	6	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

MJ, I was there, you weren't ... I will move on with my life here now and I won't be back ever again...Good bye **TS**

Matthous Lil beeb: I never would've thought I'd find the perfect man. I always thought the good ones were taken until I met you! I love you more then anything in this world babe. Four amazing years together with more to come! Love you sweetie xox **PUFF MUFF**

Moon, Our love is deep n cosmic. Remember even though I am not with you physically, I can feel you 24/7 hon (seriously). So don't feel lonely, I am with all the time. I have been praying for you. Always loved you, always will. I have left my heart with you. Take care of it and look after yourself please. Sending my love **FROM LOVE YOU ALWAYS N FOREVER**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The planets are urging you to slow down and stop trying to be first past the post in everything you do.

♉ Taurus April 21-May 21 Be on your guard whe dealing with people who have mysterious motives.

♊ Gemini May 22-June 21 If someone tells you there is something you cannot have, go out of your way to get your hands on it

♋ Cancer June 22-July 22 You may not be under pressure at work right now but don't use that as an excuse to lower your standards.

♌ Leo July 23-Aug.23 Don't be surprised if people you thought were on your side pick at what you do over the next 24 hours.

♍ Virgo Aug. 24- Sept. 22 You're not the kind to give up on something because it's not easy. Good. You're close to a breakthrough.

♎ Libra Sept. 23-Oct. 23 Something you thought you understood now baffles you. Focus on something else. The answer will come.

♏ Scorpio Oct. 24-Nov. 22 Don't let irritating people get to you. It will make them happy.

♐ Sagittarius Nov. 23-Dec. 21 Your emotions could easily sweep you away over the next day.

♑ Capricorn Dec. 22-Jan. 20 A family problem doesn't seem quite so important now but the underlying conflict hasn't gone away.

♒ Aquarius Jan. 21-Feb. 18 Have you taken on too much? Just find ways to save energy and time — but keep moving forward.

♓ Pisces Feb. 19-March 20. You'll find yourself in a situation where you have to make an effort not to panic. SALLY BROMPTON

Caption contest

WONG MAY-E/ THE ASSOCIATED PRESS

ALBETRO SAIZ/ THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Dare to BE the difference – Join Us!

THE SKI PATROL IS LOOKING FOR NEW MEMBERS

DO YOU LIKE TO SKI OR SNOWBOARD? INTERESTED IN LEARNING FIRST AID? YOU LIKE HELPING OTHERS? VOLUNTEER AND PAID OPPORTUNITIES AVAILABLE

Let me tell you about the best thing I ever did. I joined the Ski Patrol. As an army brat, I struggled for 5 years looking for folks to ski with. I was new to Ottawa with few skiing friends & had no idea on how to drum up some ski buddies. It wasn't until 2003 that I ran into an old friend, Chris, who had just started his Ski Patrol Training. Today, many of my close friends are patrollers & I ski close to 50 times a season. I have the chance to go on some amazing trips, skiing or otherwise – like the week I spent in Jamaica at one of those close friends' wedding.

So, what is the patrol exactly? Well, it depends on the kind of person you are. For me, it has always been about meeting new people & new experiences. For others, it's the chance to volunteer & earn credits for school or university. For others still, it's about having a great time & skiing for cheap. For the adrenaline junkies, it's about the advanced medical responder training & practice they get.

What is the Canadian Ski Patrol System (CSPS)? It is the premier safety & first aid organization serving outdoor sports & recreation in Canada. We are celebrating our 70th Anniversary this year. We promote safety & injury prevention on & off the hill. We are 5,000 volunteer members throughout Canada & actively patrol 225 ski areas from coast to coast. The CSPS trains patrollers in the highest possible standards of education, certification & delivery of first aid & rescue services. We patrol on alpine, telemark, & nordic skis, and snowboards.

So, to clarify - We train you. Our federally accredited, Advanced First Responder Training is one of the most advanced first aid training you can receive without becoming a paramedic.

While there is an annual fee to join, it's about 20% of the cost of this training. The cost benefits are numerous, including privileges at most of the CSPS hills country wide, pro-deal or discount gear through some of our great sponsors (local & national), a free uniform, and a chance to learn and practice First Aid all year long.

We also specialize in Special Events during the summer months. We may have been noticed at some of Ottawa's events this year, such as Bluesfest. And we're not done yet. We have another dozen or so events, including the Army Run, before the summer is over.

I'm proud to be a part of the Gatineau Zone, Canada's 2nd largest, with approximately 400 patrollers who serve our 10 local ski areas. Fortunately for the NCR we are some of the best patrollers in the country.

In June 2010, we brought home the Gold and in June 2011, the Silver, at the National First Aid Competition. In this competition, teams of three compete in a series of tasks that test their first aid knowledge & teamwork skills.

Every day, patrollers in the Ottawa-Gatineau area make a difference in the community. We are all volunteers & come from all walks of life. If you ski or snowboard, enjoy the outdoors, meeting new people, learning new skills, this is the organization for you!

Check out our website or come out and meet us at our info night on Sept. 6 & 8, 2011. Will you Dare to BE the Difference? I did, and haven't looked back

And Chris... Thank you, I still love it!

Danielle Morneault
VP Marketing & Communications
(avid Alpine & Telemark Skier)

Takin' Care of Business

Bluesfest 2010

Chillin' on the Hill

INFORMATION/REGISTRATION EVENINGS

When: September 6 and 8, 2011
7pm sharp

Where: Firkin & Knight
at 1460 Merivale Road (Loblaws Plaza)
Baseline & Merivale

The sign up process includes receipt of your first aid manual, a first aid kit, basic supplies, being sized for your uniforms, having your picture taken for your ID card and payment, which is due before the start of your training.

Online pre-registrations available and various methods of payment accepted!

gatineauskipatrol.ca